

Fermenting the Waste

1. Collect and chop 1/2 gallon of waste in a repurposed container (like a 64-ounce yogurt container with a lid).
2. Wet and mix completely until a small amount of water pools at the bottom.
3. Dust and mix completely with whole wheat flour (it will absorb the excess water).
4. Transfer to the milk carton and clamp the top shut.
5. Keep it in a warm place (70–80 F) for 5 days, or 14 days if it's cooler. (needs to be over 50F)
6. Most will not need venting. It will bulge if it needs it, then loosen the cap to vent excess gas (for 1-2 days).
7. After the fermentation period, it can be stored in a cool, dry place until needed. It is preserved.

The ferment is acidic, like many preserved foods, and will neutralize after a few weeks in the soil (prior to planting).

Why Ferment Waste

1. It can be done indoors, even if you do not have a yard or compost pile.
2. It retains carbon and nitrogen (nutrients).
3. It reduces greenhouse gases compared to composting, incineration, or landfill disposal.
4. It helps students learn about science and taking care of the earth.
5. It doesn't attract vermin (no rotting smell).
6. It rapidly breaks down (assimilates) in the soil.
7. It increases soil fertility.
8. A multitude of people doing a little bit adds up, so make a carton and "challenge" someone to help protect the soil's health as well as our own.
9. The ferment is preserved and is safer to bury in your yard than raw or poorly composted food waste.

Uses for FFW

- Bury it and cover it where you will plant your garden 2–3 weeks prior.
- Add it to your active compost pile and allow it time to be assimilated.
- Donate it to a community garden or organic grower at your farmers market.
- Donate it to a friend or neighbor.
- Make a "Soil Factory" (a tub of soil where you can add small amounts of FFW).
- It can be used with worms in small amounts until they adjust to the acidity.

It may take longer to fully break down, but it will eventually, depending on soil temperature and microbial activity.

Chopping prior to fermentation speeds up the process.

It is sufficiently neutralized after two weeks in the soil or compost.

It is not recommended for house plants. Don't use it in the root zone of established plants until it is neutralized (two weeks).



This Bokashi Alternative is Rubbish

**Bokashi & Pfeiffer
Chromatography
Simplified**



<https://sites.google.com/view/averylowtech>

**Visit the website for
templates and "The Milk
Carton Challenge"**

Cut the panels out and glue or tape them to quart or ½ gallon cartons. Covering them with tape helps protect the instructions when cleaning them for reuse.